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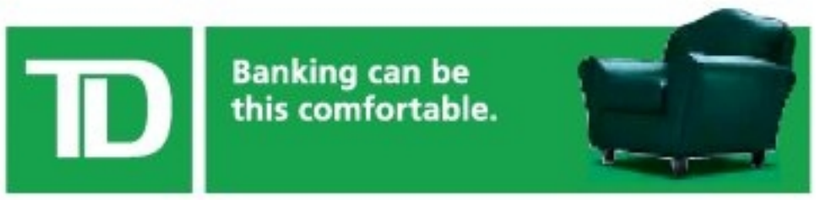

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metro NEWS
Your essential daily news

Cyndi Lauper speaks out against Montreal's pit-bull ban, calling it an unjust bylaw.

Police seek help catching man from April assaults

CRIME STOPPERS

Two women may have been targeted; attack caught on tape

Matt Kieltyka
Metro | Vancouver

Vancouver police are still on the hunt for a man who approached two women and suddenly launched into a violent, unprovoked assault that sent both victims to hospital earlier this year.

The assault happened behind an undisclosed East Vancouver business at 7 p.m. on April 5 but police have just now released surveillance footage of the incident in the hope of identifying the suspect.

"We've been doing our best to try to identify who the man is," said Vancouver police spokesperson Const. Jason Doucette on Thursday. "Unfortunately, we have been unable to, so that's why we need the public's help on this one."

Surveillance stills taken of a man accused of violently attacking two women outside an east Vancouver business on April 5. CONTRIBUTED

The video shows a man wearing gloves, black track pants, a grey hoodie and a white baseball cap approach two women in an alley.

Doucette said the man said "something along the lines of 'coin'" to the women.

When one of them asked "pardon?" the suspect is seen taking his hands out of his pockets and begins to pummel one of the women repeatedly, continuing to punch her as she falls to the ground.

The second woman tries to run away, but the attacker chases her down the alley, strikes her once and runs away.

The entire attack lasts just seconds. Doucette said both women were taken to hospital and one suffered a broken orbital bone.

"The video appears to show that the women may have been targeted, but the motive isn't yet known. He does look pretty focused on them," said Doucette.

"The women do not know the person in that video. Hopefully someone looks at this video and recognizes this person and gives us a call."

> **Hopefully someone looks at this video and recognizes this person and gives us a call.**
> Const. Jason Doucette

The exact location of the assault isn't being released to protect the victims' privacy and continued safety.

It's possible the attacker may have mistaken the victims for someone else or was suffering from a mental-health issue, but Doucette said investigators won't know until they speak to the man.

Anyone with information is asked to contact Vancouver police or call Crime Stoppers.

IN BRIEF

Mayors visit Toronto, call for more housing cash

Vancouver Mayor Gregor Robertson is in Toronto this week to talk housing with other mayors and present a united front to urge the federal government to provide funds now, not later, to ease the affordability crisis.

"There are dollars promised but not yet delivered," Robertson told Metro in a phone interview.

The mayors will meet with Social Development Minister Jean-Yves Duclos, who is responsible for the responsible for the Canada Mortgage and Housing Corporation, to press for federal funding commitments to be included in the next federal budget. JEN ST. DENIS/METRO

Body found on grounds of Gabriola House mansion

A man was arrested shortly before midnight Wednesday following the discovery of a body on the grounds of a mansion in Vancouver's West End.

The body was found by officers at around 7 p.m. at the Gabriola House mansion, on Davie Street near Nicola.

Police, who are working with the coroner to identify the victim and determine the cause of death, arrested a 48-year-old man later that evening.

Police said the investigation is active and there is no public safety concerns. JEFF HODSON/METRO

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Conservation officers nab famous grizzly

SECHELT

Authorities to relocate 600 lbs. bear caught on film with dog

David P. Ball
Metro | Vancouver

It's not every day that you find a massive beast outside your house, heartily fattening itself up for its winter snooze.

So when the owners of the Sunshine Coast's Elk House Farm saw a 600-pound grizzly devouring apples on the ground in their yard — seemingly entirely unperturbed by their barking dog Andy, which circled within a paw's length of the bear — they started filming.

"Holy Batman," a Facebook post Monday afternoon exclaimed. "Look at the size of this bear!! Andy is at the very least 80 lbs, likely more. As you can see, not concerned with myself or Andy."

Days after that video of the incident went viral on social media — attracting roughly 68,000 views as of Thursday evening — the B.C. Conservation Officers Service announced Thursday their attempts to humanely catch the bear using traps had paid off.

Now the grizzly is set to embark on what will undoubtedly be to it a baffling journey farther from human development.

"Conservation Officers are moving the bear by helicopter to a suitable location," the BCCOS said on Facebook. "The bear was captured as a measure to prevent conflict.

"Grizzly bears are not common on the Sechelt peninsula. Residents are reminded to secure attractants to prevent black or grizzly bear conflicts."

Captured on video by the owners of Elk House Farm, this 600-pound grizzly didn't seem to mind being barked at for several minutes by Andy the dog on Monday. COURTESY ELK HOUSE FARM

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FENTANYL

Burnaby firefighters may get naloxone kits

Wanyee Li
Metro | Vancouver

Burnaby firefighters may soon have life-saving naloxone in their pocket when attending an overdose call if the city follows the examples of other municipalities such as Vancouver and Surrey that gave the opioid antidote to their fire departments in February.

Naloxone can reverse the deadly effects of fentanyl, a drug that has killed 488 people in B.C. so far this year, as of the end of August 2016.

Richmond is the latest municipality to give its fire department naloxone, with firefighters receiving the kits last week, according to a spokesperson.

Burnaby fire department started tracking overdose calls in July and the city will decide "in the near future" whether to give its firefighters naloxone, said fire chief Joseph Robertson.

Crews have responded to 20 overdose calls since the last week of July, according to deputy fire chief Dave Samson.

"Its definitely a concern," he said.

One factor the department and city council's public safety committee is looking at is whether W18, an opiate more potent than fentanyl, will become more common in the Lower Mainland. It has not been proven whether naloxone is effective in reversing the effects of W18, Samson pointed out.

"One of the factors we have to consider is there is a new drug out there." he said.

"It's a tricky thing — you have to see what's trending and think, when you make these decisions, are they going to have a positive impact?"

Vancouver Fire and Rescue Services spokesperson Jonathan Gormick says equipping firefighters with life-saving naloxone in February 2016 was the right move for a department that is seeing an increasing number of overdose calls.

"It's been a critical addition to our patient care skills and one that is easily managed because of our high level of pre-hospital training and one that makes an immediate life-or-death difference," he said.

Vancouver's fire department has used its naloxone kits 56 times, according to Gormick. Nearly every firefighter in the department (98 per cent) has completed the three-hour course on administering naloxone, he said.

BY THE NUMBERS

488
Fentanyl has killed a total of 488 people in British Columbia so far in 2016.

56
Vancouver firefighters carry naloxone kits and have used them 56 times.

98%
98 per cent of firefighters have completed a three-hour course on how to administer naloxone.

> It's been a critical addition to our patient-care skills and one that is easily managed because of our high level of pre-hospital training and one that makes an immediate life-or-death difference. Dave Samson

Low interest rates lost impact as home prices went sky high

CODE RED HOUSING CRISIS

Post-2008 measures now hurting young people: Expert

Jen St. Denis
Metro | Vancouver

Canada's low interest rates have cut both ways, making it easier to afford homes, but the home price inflation in Vancouver and Toronto has now pushed home ownership out of reach. JENNIFER GAUTHIER/METRO

Paul Smetanin has a wake-up call for younger Vancouver and Toronto residents who have been told for years that they should take advantage of historically low interest rates and get into the real estate market.

"That was the right advice between 2000 and 2005," said Paul Smetanin, president of the Canadian Centre for Economic Analysis.

"But after 2007 you essentially had investors coming into the market and squeezing out households.

"It comes to a point where the lowness of interest rates doesn't matter anymore because the prices of homes went up so quickly, and by so much, that resident households can't take advantage of low interest rates."

In the wake of the 2008 financial crisis, central banks lowered interest rates as a tool to encourage investment and stimulate hard-hit economies. While the U.S. Federal Reserve has started to gradually raise rates, the Bank of Canada has moved in the opposite direction in response to the oil price plunge of 2014.

Canada's economy continues to struggle against slow economic growth globally, and Stephen Poloz, governor of the Bank of Canada, has signalled interest rates will likely stay low for some time.

While low interest rates stimulate a sluggish economy, they've had an unwanted effect on the overheated real estate markets of Vancouver and Toronto. In June the bank warned mortgage payments compared to incomes have been growing in those cities, as have loans with longer amortization payments, which reduce monthly payments but put borrowers deeper in debt.

At the beginning of the 2000s, lower interest rates made it possible for lower-income households to compete with wealthier people to bid for homes, Smetanin said. But they were gradually edged out by both local and foreign investors who also took advantage of cheap money.

"Homes started to be viewed as a commodity," Smetanin said.

It's people under 45 who have really lost out in this scenario, as home price inflation in Vancouver and Toronto has now pushed home ownership out of reach, Smetanin said.

That's led Paul Kershaw, a UBC professor who started an advocacy group called Generation Squeeze, to wonder if interest rates for housing should be somehow different than for the rest of the economy.

"I can't understand why we couldn't think about having a general approach to lending, but then have a more specified approach to the way we're lending in regards real estate," said Kershaw, who argues current taxation and policy is set up to support older Canadians while leaving younger people to struggle.

"We're stuck in this world where we're just going to continue to have low interest rates fuelling home price growth, but that's harmful growth."

Both Smetanin and Tom Davidoff, a UBC economist who studies real estate, said that idea won't work: raising interest rates right now across the board would slow Canada's economy, Davidoff said, while Smetanin pointed out that sophisticated investors would likely find a way around a system that somehow had separate interest rates for different kinds of lending.

Smetanin suggest that governments need to step up their role as "referee" to "monitor and restrict investor behaviour," while the federal Ministry of Finance could further shorten the amortization period of mortgages.

Tools like B.C.'s 15 per cent tax on foreign buyers and Vancouver's empty homes tax, as well as working to increase the supply of homes, would be more effective than tinkering with interest rates, Davidoff said.

WHAT DO YOU THINK?

Read more at gensqueeze.ca and let us know what you think at Vancouver@metronews.ca; commenting on this article on Facebook (facebook.com/vancouvermetro), or tweet us with the hashtag: #CodeRed. You can also text JOIN to 604-337-0945 to get involved with the Code Red campaign.

CODE RED NEXT WEEK

Zoning for single-detached homes makes housing unaffordable

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About two dozen people can eat dinner together on a platform hanging from a crane.
SKYDINE/CONTRIBUTED

Dinner with a view

EATING OUT

Have a meal on a platform 45 metres over False Creek

Wanyee Li
Metro | Vancouver

If you've ever wanted to eat dinner hanging from a 60-metre crane above Vancouver's skyline, you're in luck because it will be a possibility come July 2017.

But the experience will cost you — it's $259 for brunch or lunch and $349 for dinner.

The high price point is due to insurance and rental costs, said Dinner in the Sky organizer, Jhordan Stevenson.

"The most expensive part of the whole operation is the crane. It will cost anywhere from five to seven thousand dollars per day. People think the tickets are rather expensive and they are, but that is primarily due to the pricing for the crane, the space, the insurance."

The idea of eating dinner while suspended in air originated in Belgium 10 years ago but Stevenson wants to bring the experience to Vancouver for the first time.

The plan is to set up the crane in front of BC Place, on land owned by Concord Pacific so that customers can eat dinner 45 metres above South East False Creek.

Stevenson is in the process of obtaining a permit from WorkSafe BC to hoist employees into the air. It'll be another few months before all the paperwork is completed, he said.

"Something of this scale, it takes many months of planning."

The event will run from July 1 to July 31 with brunch available on Saturday and Sunday, two lunches everyday, and up to four dinners per night.

> People think the tickets are rather expensive and they are, but that is primarily due to the pricing for the crane, the space, the insurance. Jhordan Stevenson

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

‘Life goes stronger now’

Drop-in program an experience of ‘empowerment’

CITY STORIES WOMEN

David P. Ball
Metro | Vancouver

In a neon-lit basement office of the Downtown Eastside Women’s Centre, Shurli Chan recalled how everything in her life changed and she became homeless nine years ago.

“I was diagnosed with Bipolar I, ADHD and anxiety disorders,” she told Metro. “That explains how I ended up coming from West Point Grey to the Downtown Eastside within six months.”

Sitting beside her, Elaine Durocher chimes in, recounting a “long line of abuse” that started when she was six in foster care — abuse that followed her onto the streets of Vancouver. She tells Metro she’s Métis, originally from Saskatchewan.

“When you’re homeless, you lose a lot of your self-esteem and self-worth,” she explained. “When you’re abused, you lose everything; somebody has hurt your spirit. I used to stand on the corner as a little girl to make money. That’s behind me now.”

To Durocher’s left is Stella August, a survivor of residential school from Nuu-Chah-Nulth First Nation. Being “stripped” of her culture and family as a child left her “lost in the dark, angry, hateful and resentful,” she said.

All three women, despite their very different backgrounds and life stories, have one thing in common: they’ve found profound healing through a weekly drop-in program, the Power of Women group.

The autonomous program, more than a decade old, meets weekly at the Downtown Eastside Women’s Centre where roughly 20 women participate on average. On Oct. 5, the group is planning a fundraiser to support the group’s growth.

“In the residential school, we were taught to be silent,” August said. “Now I’ve got a voice from the group.

“I’m grateful for them, for all the members of the Power of Women. They’re spiritually strong, kind and friendly.”

But August said the conversations range from talking about challenges in members’ lives to issues facing the Downtown Eastside community.

“We also joke around,” August said as her fellow members nod and chuckle. “And we cry.”

> **You recognize the power of an individual voice but also the power of a collective voice and what compassion and kindness can actually do.** Shurli Chan

Three long-time members of the Power of Women group. From left: Elaine Durocher, Stella August and Shurli Chan. DAVID P. BALL/METRO

Chan chimes in, adding that some controversial discussions can get heated, “but there’s always a sense of safeness, comfort and compassion,” she said. “When you speak from your heart, it means that you’re vulnerable.”

For her, the violence that most of the drop-in group’s members have experienced in their lives taught a tragic lesson in survival: “Don’t say anything — to be safe.”

In the weekly group, Chan’s seen first-hand what can happen when a feeling of “emotional and spiritual” safety is nurtured.

“I’ve seen eyes opened in different people over time, including myself,” she revealed. “When you’re able to speak from your heart and not get bashed, (there’s) an amazing sense of confirming one’s purpose for being in life.”

August concurred, describing how joining the group turned her around and how even when there are “little dysfunctions” from time to time between members, through “chit-chat” and listening members learn to move through conflict with compassion. “Life goes stronger now,” she mused.

Although all three women described how the group helped them develop self-esteem and a voice, it’s not about self-help, they insisted.

They attend talks and protests together, and help plan the annual Women’s Memorial March every February 14, which has honoured missing and murdered Indigenous women for 25 years.

The Power of Women serve as the “guardians” of the massive march, wearing yellow vests and walking arm-in-arm at the front and sides “to keep people in one marching direction … to keep people safe,” Durocher said.

“You have a reason to live when you’re fighting poverty or homelessness, or for justice for the murdered and missing women, to me that’s empowering.

Despite meeting every week with the support of its facilitator Harsha Walia, a part-time Downtown Eastside Women’s Center staff member, the program doesn’t receive any funding.

The Power of Women fundraiser is on Wednesday, Oct. 5 at 6:30 p.m. at 1803 East 1st Ave.

The event includes dinner and a showcase of poetry, performance and talks, tickets are a sliding scale up to a suggested $20.

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VANCOUVERING

Graeme's son takes in the stunning view en route to Sahale Glacier in Washington's North Cascades National Park. GRAEME MCRANOR/FOR METRO

A hiking wishlist at season's end

FRESH AIR

Graeme McRanor
For Metro | Vancouver

I really wanted to end this summer series with a good, solid hike.

And I had my bag packed, too.

But when I woke up Sunday morning and checked Grouse Mountain's weather cameras, well, it didn't look so nice up there. And, since I was planning on doing Crown Mountain, a difficult seven-hour excursion accessed via Grouse's gondola, I decided to cancel my plans. I just wasn't keen to get rained on all day while trying to navigate muddy, socked-in trails.

Of course, when it cleared up by late afternoon, I was kicking myself for not going. And when I woke up Monday to blazing sunshine, well, let's just say I cursed the entire way to work.

Such is life on the West Coast of Canada. And, hey, I can't complain — I had good weather for nearly all my hikes over the summer.

That said, I didn't get to do all the hikes that I had on my list. So I thought I'd end this column by highlighting four hikes that I'm keen to do next year (and maybe write about, too, if they'll let me):

1 **Sahale Glacier (North Cascades, Washington):** I did this one with my son last summer. It's a bit trickier to access because, obviously, you need a passport and a ride — and, unless you want to get up while it's still dark, a motel room in the nearby town of Marblemount (about three hours from Vancouver).

There are only a handful of non-reservable campsites at Sahale, so if you want one on a summer weekend it's imperative to arrive at the ranger's office in town as soon as they open; they'll all be spoken for within an hour of start-of-business (you need a backcountry pass).

Also, at 7,600 feet, getting to camp is a grind. But the views from the top are spectacular - if the weather co-operates. It started out decent for us, but by the time we got to the top it had turned for the worse. And coming down in the rain the next day was miserable.

2 **Crown Mountain:** To access Crown, it's best to take the Grouse Mountain gondola, unless you'd like to warm up for this seven-hour hike with a jaunt up the Grind. On paper, it doesn't seem that difficult — less than 10 kilometres with an elevation gain of 350 metres — but by all accounts it's a doozy, since hikers must descend a steep trail to Crown Pass before climbing up Crown Mountain. Might be best to save this one for the longer days of summer, rather than the ever-shortening days of September and October.

3 **Mount Cheam:** Considered by many to be the most spectacular view in the Fraser Valley, I've spent much time considering this hike, which, even though it's around 10 kilometres return, isn't known as being particularly gruelling. The problem for me has, in the past, been lack of access to a four-wheel-drive vehicle, which you'll need if you want to access the trail via the Forest Service Road — not something you'd want to attempt in the winter, even with an 4WD vehicle. But Google some images — what a view!

4 **Al's Habrich Ridge Trail:** An avid hiker recommended this one to me, and I'd hoped to tick it off the list this year. Alas, it wasn't to be. Here's another hike that requires a gondola (the Sea-to-Sky Gondola, south of Squamish) unless you want to climb the trail that runs underneath it (though you'd still want to hitch a ride down). It's reportedly a five-hour return trip (about seven kilometres) with a 440-metre elevation gain. Something to look forward to next year.

For now, it's time to bust out the skis. See you on the hills.

> I can't complain — I had good weather for nearly all my hikes over the summer.

with icons by **Danielle Vallée** from the noun project

Fresh approach to education

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

School's in session at Fresh Air Learning. CONTRIBUTED

Surrounded by moss-covered trees, a group of raincoat-clad children closely examine a slug, peppering their teacher with questions about what it eats and where it lives. Not a traditional classroom, but for man Vancouver-area children, the forest is where they learn.

Forest School is an educational approach based on developing a relationship between the learner and the natural environment. Students of all levels and abilities gain hands-on experience in nature, learning through discovery.

Tricia Edgar, executive director of Fresh Air Learning, an organization that works to bring nature connection programs to children, believes that natural places are some of the most important teachers for children. The program has several forest and farm programs and camps, and offers professional development for educators.

Learning outdoors helps children understand their "ability to navigate risks" and increases their physical capacity, Edgar said. It helps them "feel strong and powerful and offers them a positive social environment." It's also been associated with improved concentration and cognitive development.

Forest schools are distinct within outdoor education in that they offer repeated access to a natural space, centred around child-led, play-based learning.

At Soaring Eagle Nature School, children can attend forest camps as well as weekly and monthly programs, engaging in nature-based play. Alderwood House preschool offers an outdoor-based childcare centre in Richmond. Children identify animal footprints and birdcalls, play in mud puddles and go for walks.

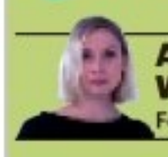
In West Van, Saplings Outdoor Program gives kids the chance to engage in outdoor, nature-based play, fostering creativity and unhurried learning.

Students of the Environmental School in Maple Ridge attend classes in the UBC Research Forest, studying such things as soil erosion first hand. Begun as a inquiry-based nature school for elementary students, it has been so successful that it is currently being expanded into a program for high school students.

Children have "varying degrees of exposure to fresh air learning. A lot of kids have no access," Edgar said. Forest schools help kids get to know a space and become attached to it, fostering "a connection to place. Everything starts with that."

FOOD NOTES

Fried chicken a la Juke



Abby Wiseman
For Metro | Vancouver

Fried chicken started popping up on menus around Vancouver a couple years ago, but a proper joint was still missing from the scene. Juke (182 Keefer St.) fills the void.

Justin Tisdall (former GM of Chambar) and Bryan Satterford (former sous-chef at Hawksworth) were working on their plan to open a fried-chicken spot while the two were helping Cord Jarvie (Meat and Bread) open a new location in Victoria. Jarvie caught on to their master-plan and wanted in.

Tisdall and Jarvie focused on the front of house, while Satterford brought his talents to perfecting a menu that combines spice, sweetness, Asian flavours, and southern buttermilk batter.

The Juke Box, which goes for $16, is a great way to sample the diverse flavours and includes two pieces of buttermilk chicken, a quarter slab of ribs and a side. The chicken is crispy, tender and juicy, but not greasy and the ribs roll off the bone. Side highlights include pork coleslaw, charred corn smothered in dijon mayonnaise, chile and lime spread, and dirty fries, with hot sauce, cheese and gravy.

Juke's stylish dining room, with wallpaper featuring a pin-up girls and guys in speedos makes for an inviting place to linger over one of their inviting cocktails.

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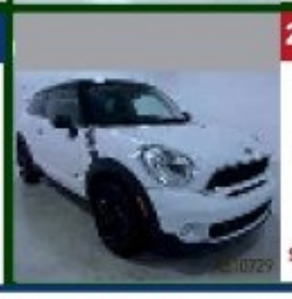

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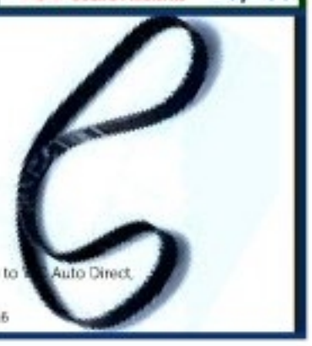

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Young athlete cardiac risk low

HEALTH

Experts say just 0.52 per cent are at risk of sudden death

Matt Kieltyka
Metro | Vancouver

Young athletes in British Columbia are at minimal risk of sudden cardiac death, a new study has found.

According to an article published in the Canadian Journal of Cardiology, just 0.52 per cent of B.C. competitive athletes between the ages of 12 and 35 show signs or symptoms that could lead to sudden cardiac deaths.

High-profile cases involving athletes collapsing and dying suddenly have increased the public's awareness of the phenomenon, which Dr. Saul Isserow of Sports Cardiology B.C. calls "black swan" cases, but the good news is experts say rates of sudden cardiac death remain extremely low and new screening protocols developed in the province are helping identify those at risk more efficiently.

A new study by UBC and Vancouver Coastal Health has found competitive athletes between the ages of 12 and 35 are at low risk of sudden cardiac death. JENNIFER GAUTHIER/FOR METRO

"The first thing is that sports are safe and beneficial. The prevalence of those conditions that can cause sudden death in young athletes is exactly the same in our population as has been reported elsewhere. No more, no less," Isserow told Metro. "It's unusual when a young individual dies. It's always profoundly sad and unexpected and profoundly impactful, but it's quite rare."

Sports Cardiology B.C., based out of Vancouver Coastal Health and the University of British Columbia, has developed a screening protocol involving a detailed questionnaire and an electrocardiogram to help identify people who have a family history, genetic traits or irregularities that could prove to be fatal.

The protocol is far more accurate than the American Heart Association's standard questionnaire, he said.

> It's unusual when a young individual dies. It's always profoundly sad and unexpected and profoundly impactful, but it's quite rare. Dr. Saul Isserow

"The screening process used in the past involved a questionnaire that was developed in the 1960s and wasn't very specific at all. One of the questions was, 'Have you ever had chest pain?' I mean, everybody has had chest pain at some stage," Isserow said. "'Do you get short of breath if you exert yourself?' Everybody who exerts themselves enough gets short of breath. So that wasn't specific enough. When we ask a kid in the (Sports Cardiology B.C.) questionnaire if they've passed out, we can differentiate between an ordinary faint and a potentially fatal case of passing out."

The most effective tool, Isserow said, is the electrocardiogram, or ECG.

Of the seven cases identified in the study showing a risk for sudden cardiac death (out of 1,419 B.C. athletes that were screened), six were discovered because of an abnormal ECG.

Only two would have been identified as at risk through the traditional questionnaire and standard physical examination.

"In the majority of (sudden cardiac deaths), they have no symptoms," he said. "The ECG can pick up a lot of these genetic causes, like a thickened heart muscle or an electrical abnormality."

The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria on Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

Royal toddlers steal the show

The Royals in Canada

Duke, Duchess attend party with George and Charlotte

It was bunnies, bubbles and balloons at a garden party Thursday in Victoria where Prince George and Princess Charlotte made their second public appearance during the royal tour of the Duke and Duchess of Cambridge.

Princess Charlotte, 16 months old and ambling like a toddler, bee-lined for some colourful balloons before climbing into her mother's arms to spend time in a petting zoo with goats, rabbits, sheep and miniature horses.

The princess also took a shine to Moose, a large white poodle and golden retriever cross breed that is a cancer therapy dog when he isn't entertaining royals. Charlotte patted Moose's head and then decided to sit on the dog who was lounging in the grass.

Prince George, 3, dressed in red shorts and a blue sweater, held his father's hand, but eventually towed his dad towards a bubble making display where it didn't take him long to get hold of a squirt gun and start blasting out bubbles.

The royal play date was held in a secluded, tree-sheltered green space at Victoria's Government House, where the duke and duchess and their children have been staying on their week-long visit to B.C. and the Yukon. Musicians, puppeteers and entertainers sporting brightly-coloured costumes wandered the grounds.

Inside the petting zoo, enclosed with a white picket fence, were young 4-H Club members who were ready to show off their animals.

The party with the royals was held for the children and families of military service members who have experienced deployment.

Twenty-four families were invited to the party at Government House, the official residence of B.C.'s lieutenant-governor.

Submariner Andrew Matheson, who serves on HMCS Victoria, said his daughters, Lily and Isabelle, and his wife Kristy met the royal couple and their children.

"It was surreal at first, absolutely," he said. "They are both very personable people. At the heart, they are parents. So, I think we had a common ground to stand on as we were trying to watch our kids play and keep an eye out as well."

Isabelle and Prince George chased bubbles together, said Kristy.

Asked if they mentioned whether George and Charlotte were enjoying themselves, Andrew said: "They did. They said they were having a great time, absolutely. They enjoy where they are staying here," he said. "They love Victoria. The weather's fantastic."

Lucas Kenward, commanding officer of the ship HMCS Edmonton, said the event felt like a normal, everyday family get-together with friends. He said it was amazing to see George making bubbles and seeing the family interact with their children and others just like other families would on a day at the park.

"For me, I think that was one of the most fascinating things," said Kenward, who came to the party with his wife, Andrea Callaghan and their three-year-old daughter Brielle.

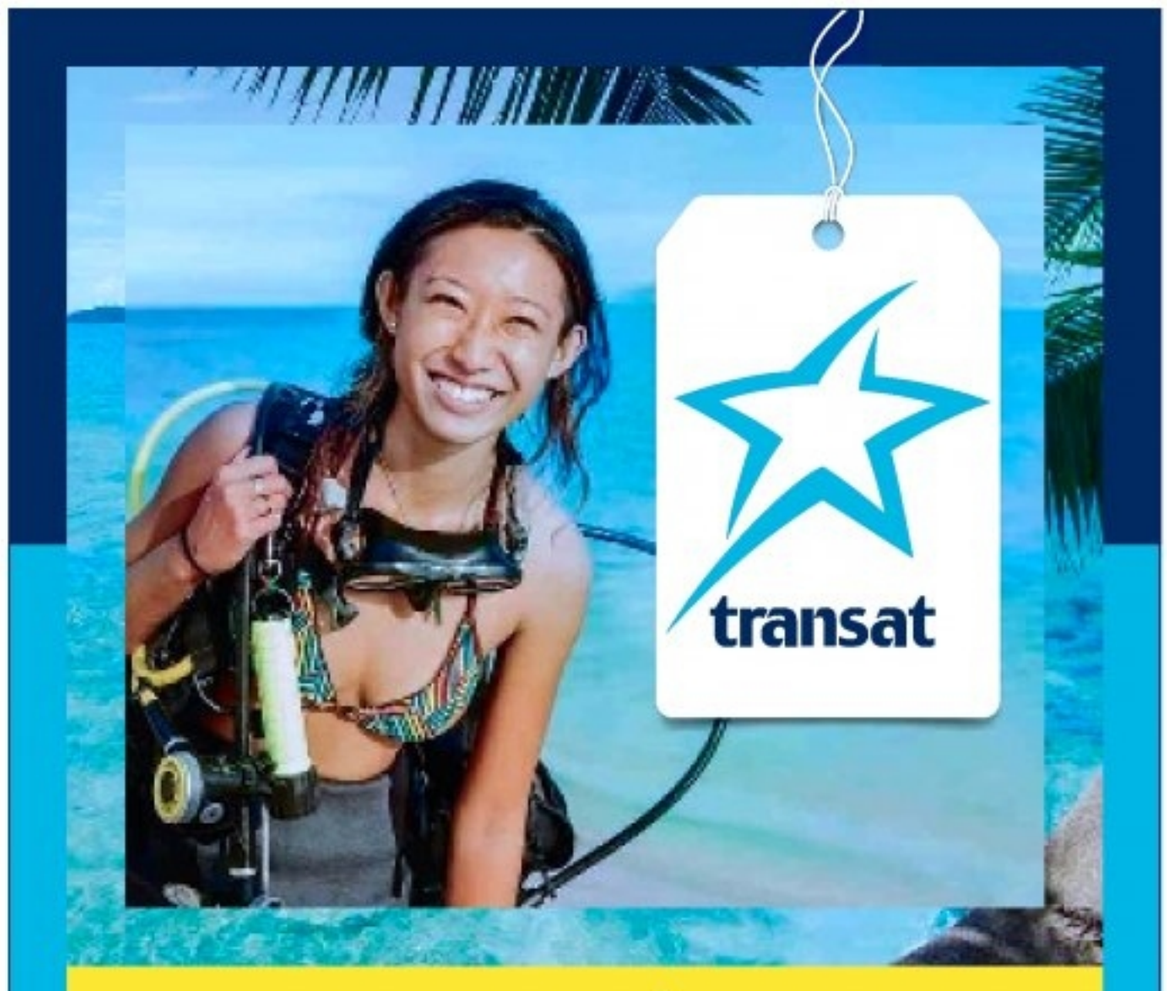
"It didn't feel like a scripted or forced event. It was very natural. Children did what children did."

THE CANADIAN PRESS

FIRST WORD

Princess Charlotte also uttered her first word in public, according to media reports. 'Pop,' she reportedly said to her dad William while playing with balloons.

Princess Charlotte, 16 months old. GETTY IMAGES



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New ideas to help refugees

GOVERNMENT

Syrians face barriers to finding jobs in communities

With more than 30,000 Syrian refugees facing serious barriers to employment and integration in Canada, the federal government is searching for fresh ideas to help newcomers join their communities and the labour force.

Documents posted by Immigration, Refugees and Citizenship Canada Thursday show the department is planning to spend as much as $250,000 for new studies on how best to integrate Syrian refugees into their new community.

"It is well documented that newcomers face a number of barriers in finding employment that is commensurate with their skills and experience. Refugees, in particular, may have more difficulty integrating into the Canadian labour market when compared to other categories of immigrants," the documents read. Canada had accepted 30,000 Syrian refugees by the end of July.

While the Liberal government received praise for rapidly bringing in more refugees, there is growing concern that providing services and support for newcomers will be as big a logistical challenge.

In the documents released Thursday, the department acknowledged some of those concerns, particularly around supporting Syrian youth.

Those youth will be specifically targeted for new programs, with the government looking at how best to integrate children into a new school environment, or even a mobile app to advertise services and resources.

The documents suggest that the government also wants to address social integration into Canada. One study will look into how best to broach discussions with Syrian families on issues like domestic violence, gender equality, and LGBTQ rights.

TORSTAR NEWS SERVICE

Members of the Knesset guard carry the coffin of former Israeli President Shimon Peres at the Knesset plaza in Jerusalem on Thursday. ODED BALILTY/THE ASSOCIATED PRESS

ISRAEL

Trudeau leads delegation for Peres

A Canadian delegation headed by Prime Minister Justin Trudeau has arrived in Israel for the state funeral of Shimon Peres, the former Israeli president and prime minister.

Trudeau was joined by former prime minister Jean Chretien, Foreign Affairs Minister Stephane Dion and interim Conservative leader Rona Ambrose.

Also in tow was Rafael Barak, Israel's ambassador to Canada, and representatives of Canadian advocacy groups such as the Centre for Israel and Jewish Affairs, B'Nai Brith Canada and the Canadian Jewish Political Affairs Committee.

Shimon Peres ASSOCIATED PRESS

The Canadian delegation arrived in Israel early Friday for the funeral of Peres, who died Wednesday at age 93.

They were expected to be joined for the service in Jerusalem later Friday by former prime minister Stephen Harper.

THE CANADIAN PRESS

IN BRIEF

Church's denial of funerals 'monstrous'

New guidelines from the Catholic Bishops of Alberta and the Northwest Territories that call on priests to deny funerals to some who have assisted suicide are intolerant, say critics.

"It's a really monstrous and sanctimonious decision," said Brad Peter, Edmonton spokesman for Dying With Dignity Canada. "It ultimately fails to show any respect to the church's membership who are the most vulnerable."

KEVIN MAIMANN/METRO

Government working to protect cyclists

The federal government is taking a fresh look at how to protect cyclists on Canada's roadways after recent high-profile cases where cyclists were killed on city streets.

Federal, provincial and territorial ministers in charge of transportation have agreed to set up a national task force on vulnerable road users to come up with ways to reduce injuries and fatalities. THE CANADIAN PRESS

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AQUILINI DEVELOPMENT
RENNIE

Chaos in Hoboken

CRASH

One person succumbed to injuries; 74 hospitalized

A rush hour commuter train crashed through a barrier at the busy Hoboken station and lurched across the waiting area Thursday morning, killing one person and injuring more than 100 others in a grisly wreck that renewed questions about whether long-delayed automated safety technology could have prevented tragedy.

People pulled chunks of concrete off pinned and bleeding victims, passengers kicked out windows and crawled to safety and cries and screams could be heard in the wreckage as emergency workers rushed to reach the injured in the tangle of twisted metal and dangling wires just across the Hudson River from New York City.

The New Jersey Transit train ran off the end of the track as it was pulling in around 8:45 a.m., smashing through a concrete-and-steel bumper. As it ground to a halt in the waiting area, it knocked out pillars, collapsing a section of the roof.

People are treated for injuries after a train crashed on Thursday in Hoboken, New Jersey. AFP/GETTY IMAGES

"The train didn't stop. It just didn't stop," said Tom Spina, who was in the terminal and rushed to try to help the victims.

Ross Bauer was sitting in the third or fourth car when the train entered the historic 109-year-old station, a bustling hub for commuters heading to New York.

"All of a sudden, there was an abrupt stop and a big jolt that threw people out of their seats. The lights went out, and we heard a loud crashing noise like an explosion" as the roof fell, he said. "I heard panicked screams, and everyone was stunned."

The engineer, Thomas Gallagher, was pulled from the mangled first car and was hospitalized, but officials said he had been released by evening. He was cooperating with investigators, Gov. Chris Christie said.

Fabiola Bittar de Kroon was killed in the crash. LINKEDIN

A woman standing on the train platform — Fabiola Bittar de Kroon, 34, of Hoboken — was killed by debris, and 108 others were injured, mostly on the train, Christie said. Scores were hospitalized, some with serious injuries including broken bones.

New York Gov. Andrew Cuomo said investigators will determine whether the explanation was equipment failure, an incapacitated engineer or something else.

THE ASSOCIATED PRESS

POLICE

Mom of slain man calling for peace

The mother of an unarmed black man shot to death in a confrontation with police in a San Diego suburb this week called for peaceful protests Thursday and said her son did not deserve to die.

Alfred Olango "was a good, lovely young man," said the mother, Pamela Benge. "I wanted him to enjoy his daughter."

She said she and her family came to the U.S. from war-torn Uganda 25 years ago when Olango was a teen and just wanted to be safe.

"How painful it is to lose a loved one that you have embraced through struggling," Benge told reporters.

Alfred Olango

She mentioned similar shootings of black men around the country by police officers but said she never thought one of the shootings would directly affect her, calling on people who protest her son's killing to embrace non-violence.

"I am always for peace, I don't want war," she said.

THE ASSOCIATED PRESS

IN BRIEF

Mayor asked to resign after racist Facebook posts

The mayor of a small central Pennsylvania town is being asked to resign over racist posts on his Facebook page, including two depicting apes with captions referring to U.S. President Barack Obama and his family, and one referring to lynching.

One image from June on the Facebook page of West York Mayor Charles Wasko is of a wagon or wheelbarrow full of orangutans, including the caption, "Aww ... moving day at the Whitehouse has finally arrived." The wheelbarrow has the slogan "Kenya or bust" on it.

THE ASSOCIATED PRESS

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In the proceeding, the Plaintiff seeks Judgment against you, jointly and severally, in the sum of $49,501.02 plus interest and costs.

You have 28 days from the publication of this Notice to file a Response to Civil Claim at the Court Registry, 35 Front Street, Nanaimo, B.C. V9R 5J1. In default of such Response to Civil Claim, Judgment may be entered against you without further notice.

You may obtain copies of the Notice of Civil Claim and Order for substituted service from the Nanaimo Registry of the Supreme Court of British Columbia, 35 Front Street, Nanaimo, B.C. V9R 5J1.

Dated at Nanaimo, B. C. this 26th day of September, 2016.

Ian T. Gove
Heath & Company
Barristers and Solicitors
Counsel for the Plaintiff
200, 1808 Bowen Road
Nanaimo, B.C. V9S 5W4
Telephone: (250) 753-2202 Fax: (250) 753-3949

Video of boy's killing released

LOUISIANA

Six-year-old's death recorded on policemen's body cameras

After a police body camera captured two deputy city marshals firing on a car and killing a six-year-old boy, the head of the Louisiana State Police said the video was the most disturbing thing he's seen. Nearly a year later, the public is getting its first look at the graphic footage.

The state judge presiding over the murder cases against the two deputies allowed reporters to make copies of the tape Wednesday after a hearing where it was formally introduced as evidence.

Prosecutors and defence attorneys previously described in writing how the footage depicts the shooting, which stops less than a minute into the video. The rest of the nearly 14 minutes of footage shows the stomach-churning aftermath, as the officer with the body camera checks on the lifeless body of Jeremy Mardis while his critically wounded father, Christopher Few, lies bleeding on the pavement.

Prosecutors showed the tape in court Wednesday to support their claim that one of the deputies, Derrick Stafford, had a pattern of using excessive force — including last November's fatal shooting of Jeremy Mardis in Marksville.

Matthew Derbes, a prosecutor from Attorney General Jeff Landry's office, said Stafford's pattern of hurting people he's arresting also provides a motive for shooting at Few while his hands are raised.

"Motive is something the jury wants to hear," Derbes said. "Why would they do this?"

THE ASSOCIATED PRESS

ENVIRONMENT A FRESH IDEA Dutch artist Daan Roosegaarde shows smog particles collected by the Smog Free Tower on display in between chimney stacks as he presents his machine at D-751art district in Beijing, China, on Thursday. In a city where smog routinely blankets the streets and chokes off clean air, Roosegaarde has offered an eccentric solution: a 20-foot metal tower that takes in smog and purifies it like a giant outdoor vacuum cleaner. ANDY WONG/THE ASSOCIATED PRESS

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News hook: Nearly 27,000-year-old fish hooks — the world's oldest — have been found in Okinawa, Japan

DECODED by Genna Buck and Andrés Plana

A PORTABLE PATHOLOGIST ON MARS

It's 2039. You and your astronaut friends have come down with a mysterious sickness on Mars — high fever and a strange red rash. Sending samples all the way back to Earth for testing would take years. What microbe managed to hitch a ride all this way? Or did you pick up an extra-terrestrial pest? Thankfully, there's a way to find out: Since 2016, **DNA sequencing has been possible in space.**

DEFYING GRAVITY

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The genetic changes of plants and animals bred for experiments in space can be tracked over generations: No need to send samples to Earth.

Sequencing can identify microbes contaminating a spaceship or its food and water supplies.

Then there's **astrobiology**: We don't know what kinds of biological molecules, or living things, we might one day find on Mars and beyond.

Sequencer size through the years

1977 - Small fridge

1996 - Desktop computer and printer

2016 - Smaller than a smartphone

What's in that rash? Future mars-stronauts will be able to tell by sequencing the DNA found in a sample of their cells.

Here's why: This month, NASA scientists successfully decoded samples of virus, bacteria and mouse DNA **while in orbit on the International Space Station.**

FINDINGS
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ISTOCK

REEF RELIEF
Things are getting better down where it's wetter, says the Australian government. Significant strides have been made to protect the Great Barrier Reef, including better water quality and lower-impact dredging — 29 of 151 conservation measures promised by 2020 are done.

BEES HAPPY
Insects, says a new study in the journal Science, have emotions, sort of. Honeybees fed sugar-water show more "motivation" to complete tasks because they're "hoping" for more sweets.

SOUND SMART

ETIO PATHO GENESIS

DEFINITION
Etiopathogenesis is the cause and development of a disease or syndrome. It's a combination of **etiology** (cause) and **pathogenesis** (the chain of events in the body that leads to a certain disease).

USE IT IN A SENTENCE
The **etiopathogenesis** of Deborah's bad breath included a case of gum disease and colonization of her tongue of bacteria that produce sulphur compounds.

CITIZEN SCIENTIST by Genna Buck

Dangerous or not? Deodorant edition

Does antiperspirant that contains aluminum cause Alzheimer's disease?
— Emina, Winnipeg

Man, this one has been going around for a while. I've always hoped it wasn't true, because I like my aluminum-containing antiperspirant and find that "natural" deodorants, well, stink.

Aluminum is eight per cent of the earth's crust. We're exposed to it through tap water, soil, food, dust in the air, and in minor amounts in food packaging. Changing what you roll on your armpits won't change that.

Aluminum does have a relationship with Alzheimer's, but not the way you might think if you've been reading Naturalcosmeticsnews.com ("Deodorants contain a slew of toxic chemicals!") or Food Babe ("Throw this out of your cabinet immediately!").

Animals exposed to very high doses of aluminum develop an Alzheimer's-like syndrome, and Alzheimer's patients have higher-than-normal aluminum levels in their blood plasma and brains.

But neither scientific studies nor regulatory agencies have ever found evidence that typical levels of aluminum exposure increase the risk of Alzheimer's.

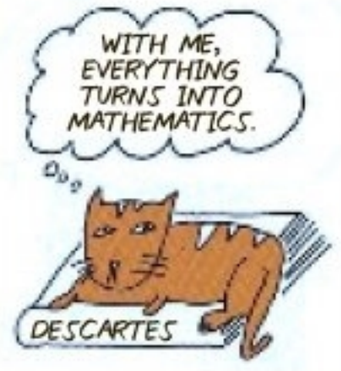
So what's up? For one thing, we absorb less than one per cent of the aluminum we're exposed to. One study found no neurobehavioural changes among welders exposed to fairly high levels of aluminum every day for four years. If the metal caused Alzheimer's, we'd expect to see symptoms increase as exposure increases: Not so.

Here's what might be going on, according to a 2013 article in the Journal of Alzheimer's Disease: "The genetic component of AD apparently involves a susceptibility gene, yet to be identified, that increases aluminum absorption."

Aha. This brings us to an old standby of science truisms. Just because variables seem to be related, it doesn't mean they have a cause and effect relationship. Usually it's more complex.

Science Question?
Tweet @genna_buck

PHILOSOPHER CAT
by Jason Logan



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Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Tatiana Maslany and Dane DeHaan play star-crossed lovers in the arctic in Two Lovers and a Bear. "She can't live without him and can't be with him," she tells Metro, of her character. CONTRIBUTED

Tatiana Maslany is on top of the world

TWO LOVERS AND A BEAR

Emmy winner's arctic-set film part thriller, part love story

Richard Crouse
For Metro Canada

Just before Tatiana Maslany flew to Los Angeles to accept an Emmy Award for outstanding lead actress in a drama series for Orphan Black I asked her what she's been doing lately.

"I filmed the movie Stronger and since then I've been chillin' hard," she laughed.

The Regina-born actress may have taken some downtime over the summer, but that's likely the last time off she'll see for the foreseeable future. Right now she defines the term 'in demand,' enjoying the kind of popularity usually reserved for the very top of the A-list. Her Emmy win lit the internet on fire, earning millions of mentions that made her the most talked-about person on Facebook and Twitter that night.

Currently she is shooting the last season of Orphan Black and has three movies set for release, including Stronger opposite Jake Gyllenhaal and next weekend's Two Lovers and a Bear.

The Nunavut-shot film focuses on star-crossed lovers Lucy and Roman, played by Dane DeHaan and a talking bear. Veteran actor Gordon Pinsent lent his kindly voice to the polar bear, but Maslany says she was scared of Agee, the full-size adult female who played the carnivorous title character.

"She can smell women and doesn't like them," Maslany said of the bear who stands over seven feet when on her hind legs.

Maslany doesn't want to discuss the movie's twists and turns. Instead she'd like audiences to enjoy the story the way she did when she was offered the part of Lucy.

"I didn't know what to expect at any moment when I read the script. It would flip from this very heavy romance to comedy and it sort of feels like sci-fi or a thriller at the end."

Maslany will say her character has "a restlessness to her spirit and a need to find some stillness and peace and a desperate love of Roman. She can't live without him and can't be with him."

Filmed over the course of six weeks on locations in Nunavut, the shoot for Two Lovers and a Bear was often unforgiving. "Our stills photographer lost chunks of his nose (due to the cold)," she says, but adds that shooting in the isolated location was invaluable to her performance.

"Just as having a real polar bear there," she says, "being in the actual environment is so much easier and telling and informing in terms of character and how you move through the world. You understand more about why Roman and Lucy are the way they are by being there and living in that kind of environment. You see how two people could need each other so desperately and be the only thing the other has."

"There are such vibrant youth there. It was really cool to be part of the community. I got to meet and be part of it and see their artwork. At the same time there are a lot of issues up there in terms of things from years back and systemic things. It has this bizarre duality to it."

"I loved it up there," she says. "I would go back in a heartbeat."

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Another onscreen ode to the world's misfit characters

Tim Burton's latest imagining is Miss Peregrine's Home For Peculiar Children.
CONTRIBUTED

INTERVIEW

Tim Burton has always been attracted to outsiders

Richard Crouse
For Metro Canada

Visionary Tim Burton values his time alone.

One writer called the director of Pee Wee's Big Adventure, Beetlejuice, Batman, Edward Scissorhands and this weekend's Miss Peregrine's Home For Peculiar Children, "the most widely embraced loner in contemporary cinema."

"I always try to at least spend time, as much as I can everyday, staring out into space; staring out a window," Burton says.

"I find that sometimes you get the most ideas and the most feelings when you're not involved in things you have to do everyday."

Unsurprisingly, as a filmmaker, the characters he champions tend to echo his sensibility.

From warped Mad Hatter in his Alice in Wonderland to the grieving child in Frankenweenie who reanimated a dog's corpse, Burton's heroes are often misfits.

From his debut, Pee-Wee's Big Adventure, Burton has showcased people on the fringes of society.

In his next film, Burton breathed life into Beetlejuice's rancid lungs.

In the comedy Beetlejuice Michael Keaton plays a "bio-exorcist" with crazy hair and an attitude, hired by two ghosts to scare away the insufferable new owners of their old house.

"I think Beetlejuice shows the complete positive side of being misperceived and being categorized as something different," Burton says. "He can do whatever he wants! He's horrible and everybody knows it, so he's a complete fantasy of all of that."

Burton's two greatest misfits, his most intrepid folks on the outside looking in, are the off-kilter Eds — Ed Wood and Edward Scissorhands.

Edward Scissorhands is the strange-but-sweet story of a man with scissors for hands. The first collaboration of Tim Burton and Johnny Depp, the movie is a funny, romantic and moving fantasy inspired by a sketch Burton created as a teenager.

"I felt very tortured as a teenager," says Burton. "That's where Edward Scissorhands came from. I was probably clinically depressed and didn't know it."

Ed Wood, played by Depp in the film of the same name, is the story of one of Hollywood's great outcasts. Wood wrote, produced and directed low-budget anti-classics like Plan 9 from Outer Space.

Burton says he was a fan of Wood's films and was touched by how Wood "wrote about his films as if he was making Citizen Kane, you know, whereas other people perceived them as, like, the worst movies ever."

Burton links his best-known creations, labelling them as "semi-antisocial, (having) difficulty communicating or relating, slightly out of touch."

"I feel very close to those characters. I really do. I feel like they are mutated children," he adds.

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7	3	1	6	4	9	5	2	8
5	9	4	2	7	8	6	1	3
2	8	6	3	1	5	7	9	4
8	6	7	9	3	2	1	4	5
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3	1	2	7	5	4	8	6	9

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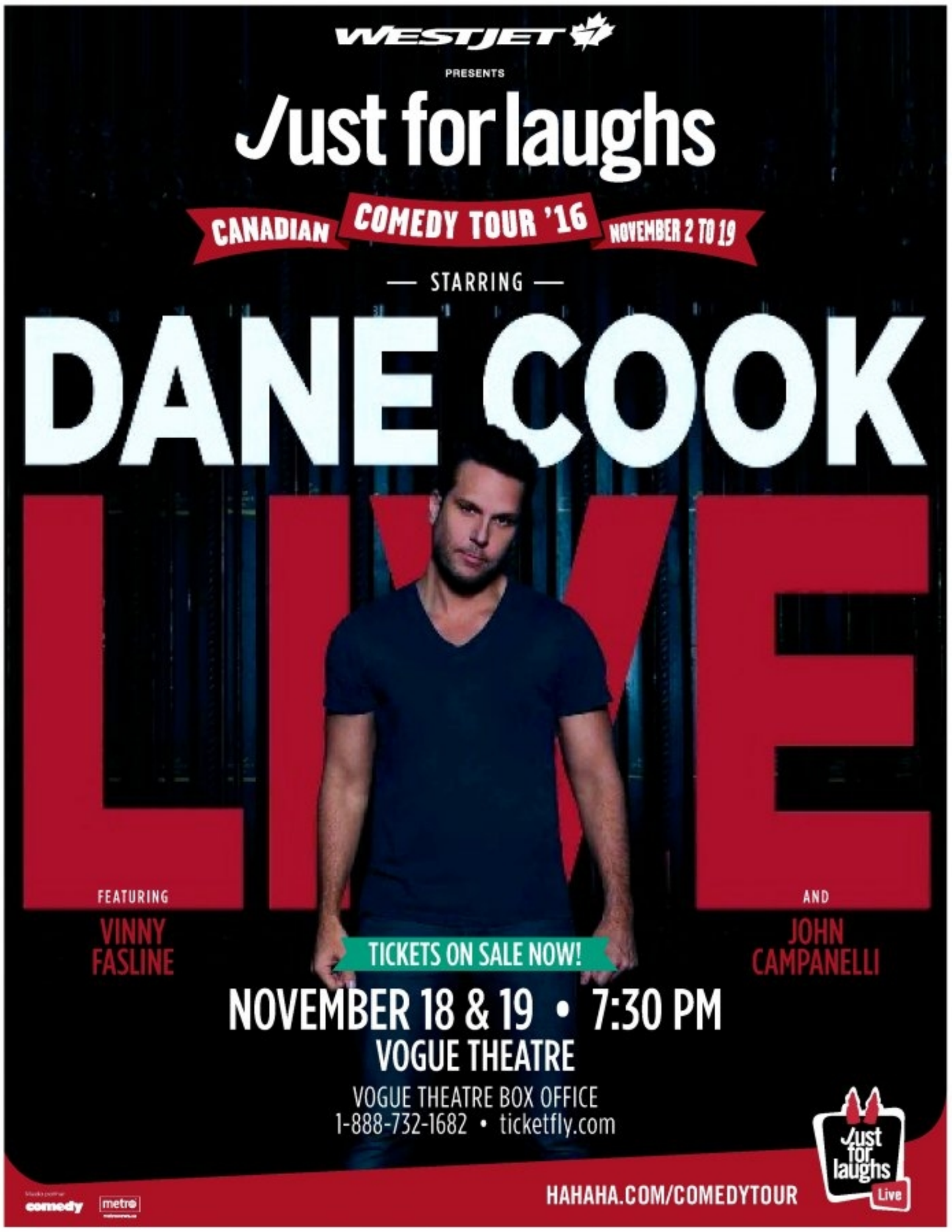

When Big Oil is watching you

INTERVIEW

Peter Berg's woes making Deepwater Horizon

Steve Gow
For Metro Canada

There is one major obstacle when making a movie about the largest oil spill in human history — the giant conglomerate deemed largely responsible for the disaster.

"I never in my life had to deal with so many f—g lawyers," admitted filmmaker Peter Berg while promoting Deepwater Horizon at the Toronto International Film Festival — a drama that humanizes the explosion aboard the eponymous BP-leased offshore oil rig that eventually polluted over 1,000 miles (over 1,600 kilometres) of shoreline along the Gulf of Mexico.

"I've never felt like I better watch my back like I did with this film."

Mark Wahlberg plays rig worker Mike Williams in this true telling of the Deepwater Horizon disaster. CONTRIBUTED

Indeed, even though Berg's movie "wasn't even attacking BP," his story about the survivors who escaped the fiery disaster still bristled with the oil company and caused many cryptic complications and cancelled contracts that stalled production.

"The flipside of that was because it was real, it was inspiring to me," said Berg.

The movie was also inspiring to Kurt Russell, who stars as the brave crew chief who helped lead all but 11 workers to safety during the tragedy.

"There's more at stake when you're playing somebody that existed," explained Russell whose own challenge included portraying Jimmy Harrell based on co-workers' recollections after failing to directly contact his cinematic alter-ego.

"I know that if someone was going to play me, I would've said 'why don't you call me on the phone?,'" said Russell.

"So if someday Jimmy Harrell says 'why didn't you call me' — I'll say, I tried!"

Of course, the marquee star of the film is Mark Wahlberg who has now made three movies with Berg (after other true-life thrillers Lone Survivor and the forthcoming Patriot's Day, about the 2013 Boston Marathon bombing).

Although the pair have clearly struck a chord, perhaps it's the mutual respect of telling true working-class stories that has forged their deepest bond.

"Mark and I have developed a real deep, deep friendship and we love working together," said Berg.

"For us, to have fun about something real gives me more inspiration, makes it easier to get up a 4:30 in the morning and work for 17 hours and do all this — because I know I've touched reality."

STARS SPEAK

On the portrayal of real people: "You have an obligation to capture at least the essence of that person," said Kurt Russell. "Right from the first script, it was apparent that this guy was a really decent man who was just trying to do the best that he could for his crew."

On navigating a legal minefield: ""The fact that we had to deal with lawyers made me feel like we were putting our hands on something real," said Peter Berg of the drama's scrutinized surveillance. "But that also means we had to have lawyers making sure we don't get too real."

On the collaboration of cinema: "(Whether) you're the make-up man or pulling cable or if you're an actor, you should be involved and invested." said Kurt Russell.

TYMAC LAUNCH SERVICE

NICOLA FRIESEN

VANCOUVER CRUISE SHIPS IMPRESSIVE RECYCLERS

A cruise ship is like a floating city, and as such, generates a huge amount of waste.

Luckily, Vancouver's cruise ship industry is on the vanguard of environmental stewardship. Thanks to their determination and industry-leading environmental policies, Tymac Launch Service (Tymac), a company in Metro Vancouver, sets the bar high for waste-removal and processing.

"One of the most overlooked aspects of cruising and cruise ships is the amount of waste these ships generate," says Stephen Hnatko, director of marketing and communications at Tymac Launch Service.

Tymac provides tug and barge and marine transportation services to business throughout the Port of Vancouver, and cruise-ship waste removal is a key component to helping keep Vancouver's Cruise economy turning.

In fact, Tymac, a Green Marine and COR Certified Facility is the only recognized provider of waste removal and recycling services to the city's cruise ship industry and is the only IMO designated Port Reception Facility in the Port of Vancouver.

When the cruise ships come into port, Tymac pulls a tug and barge up next to the ship and unloads the waste, which the crew has already separated into different categories. Then Tymac transports it to shore, further sorting the waste before dispatching it to its respective recycling facilities.

The Vancouver Harbour welcomes about 230 cruise ships every year. Just like all industrial, commercial and residential entities, each ship creates waste as a result of its daily activities and operations.

In many cases, the process involves much more work, planning and care than waste removal on land. Regulatory requirements are different from port to port, and not every port is set up to receive all types of waste, so in order to take care of their waste in an environmentally responsible way, cruise lines must work closely with the local jurisdiction.

Recycling by the numbers

- *In 2015, Tymac recycled more than 87 per cent of all "waste" it received from cruise ships in Vancouver.*
- *That's roughly 7.7 million kilograms of recycled materials.*
- *Less than 1 per cent of waste Tymac collected was sent to a landfill.*
- *More than 1.2 million kilograms was sent to return-to-energy facilities.*

NICOLA FRIESEN

A digital solution for waste management

Tymac Launch Service has developed a sophisticated digital solution for waste management in Vancouver Harbour.

Their Dispatch Integrated Control Engine or "DICE," as the program is called, is the company's proprietary software that tracks the amount of waste that is generated and received from each ship Tymac works with.

The company then shares this accurate information with the ships to help them understand the waste they've produced, and address how they might further their waste reduction and improve their recycling strategies.

The information can be viewed by Tymac waste removal experts and ship environmental personnel, all on an iPad.

Not only does the technology make it easy for anyone at Tymac or from each ship's organization to track and share information about the waste each ship generates, but the method also helps Tymac reduce the amount of paper the company uses in its day-to-day operations.

Tymac's paperless waste tracking software helps make the system streamlined, efficient and responsive, taking waste management into the future.

SOME STANDOUT CITIZENS IN VANCOUVER HARBOUR

Two cruise lines are particularly leading the pack with their environmentally responsible waste disposal and recycling.

Princess Cruises and Holland America (subsidiaries of Carnival Cruise Line) have made commendable efforts to reduce the amount of 'traditional wastes' that they generate.

These lines have been some of the biggest supporters of Tymac's green initiatives.

Tymac first launched its organics waste removal program in 2011, four years before the city of Vancouver made it mandatory for residents to separate their organic waste and started issuing fines for non-compliance.

At the time, Holland America and Princess Cruises were the first two large cruise lines to adopt Tymac's forward-thinking organic waste removal. "They led the way with our organics waste program even before proper disposal of organics was mandatory in Vancouver," says Stephen Hnatko, director of marketing and communications at Tymac Launch Service.

Holland America and Princess Cruises have also become some of the best examples of on-board recycling and sorting, diverting as much garbage as possible to be recycled. "Their actions over the years clearly demonstrate their ongoing commitment to the environment," says Hnatko.

NICOLA FRIESEN

Almost everything gets recycled

You might be surprised what a wide variety of waste can be recycled.

Here are just a few of the common recyclables Tymac removes from cruise ships in Vancouver Harbour.

After the waste has been removed, it is diverted from the landfill and recycled.

- *Batteries*
- *Used cooking oil*
- *Electronic waste*
- *Used light bulbs*
- *Organics (food compost)*
- *Used printer toner cartridges*
- *Metals*
- *Glass*
- *Paper*
- *Plastic*
- *Cardboard*
- *Wood*

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What happens to the garbage that can't be recycled?

A small proportion of the waste that comes off Vancouver's cruise ships can't be recycled.

Tymac sends all of this "garbage" material to a return-to-energy facility.

In the facility, the garbage goes through a special process where it is burned, and the hot gas from combustion passes into a boiler area. There it heats tubes filled with water. The water boils to become steam and the gas goes through a process of air pollution control. The steam produced by the boiler area is used to power a turbo generator that converts it into energy in the form of electricity.

Even the waste products from this process are reused. Leftover ash from the burned material is used as aggregate in asphalt, as a daily landfill cover and for the building of roads.

Metals recovered during the process are sent into the metal recycling industry.

NICOLA FRIESEN

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What kind of waste comes off a cruise ship?

The environmentally responsible way that cruise ships handle their waste in the Vancouver Harbour is very impressive, according to Stephen Hnatko, director of marketing and communications at Tymac Launch Service.

"The cruise ships we work with put best management practices in place for not only the traditional types of wastes they generate, but for many, many other types of recyclable materials too," says Hnatko.

Sophisticated processes are in place to recycle nearly every article of "waste" that comes off every cruise ship.

Once Tymac removes the waste from the ship, which has already been sorted into categories, it is transported on land by various carriers such as Smithrite, which takes Tymac's bins to its recycling partners.

The variety of waste that can be recycled is astonishing. All the usual suspects get recycled, including plastics and paper. Cardboard, for instance, goes to Cascades Recovery for recycling, one of the largest consumers of secondary fibre in North America.

NICOLA FRIESEN

But other less expected materials get recycled too. Dirty water is an important type of cruise ship's waste that gets separated and treated with care. When water and oil drip come from various sources in the cruise ships, such as propulsion systems, cooling elements and other machinery it collects in the lowest point of the engine room known as a "bilge." Tymac then collects this contaminated bilge water and sends it for recycling to partner company Terrapure, one of Canada's leading environmental treatment facilities, which recycles all of Tymac's bulk liquids.

Though the cruise ships only produce small quantities of hazardous waste, it's a category of waste that needs care and attention so that it can be recycled properly and doesn't make its way into the environment.

The small quantities of hazardous waste produced onboard Vancouver's cruise ships includes photochemical liquid (liquid that is used to develop photographs) and biomedical waste, including sharps and expired medication.

Other specialized chemicals and wastes aren't forgotten either. Tymac and the cruise ships partner to recycle dry cleaning liquid and general operation waste such as kitchen waste. Cooking oil for example gets recycled and transformed into a product that is used as an ingredient for agricultural feed rations and biodiesel production.

The future of recycling

Tymac and the cruise ships of Vancouver have plans to advance their recycling systems so they can be even better than they are today.

"We continuously strive to implement and invest in new and comprehensive waste minimization processes and procedures, relevant environmental training and sustainable disposal methods," says Stephen Hnatko, director of marketing and communications at Tymac Launch Service.

The company helps its customers manage their waste according to sound environmental principles, while continually developing waste-reduction strategies.

The end goal is big. Tymac is aiming to help the ships in Vancouver Harbour and beyond become completely landfill-free by 2020, and increase their recycling to over 90 per cent. "We work together with the ships to help them improve their green initiatives, waste reduction and disposal strategies," says Hnatko. "We want to help them achieve and exceed their recycling goals." The company is a Green Marine Certified Facility, meaning they have committed to reducing their environmental footprint in every area of their business.

Cascades Recovery+ wishes to congratulate TYMAC for their diligence to increase their overall recycling to over 90%, and become completely landfill free by 2020. "TYMAC is a genuine example of what industry can and is doing with their services to minimize the impact on the environment and society."

Cascades is a partner with TYMAC making sure that the products they offload get reused and enter back into this "economy" in a responsible and sustainable manner.

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Planning for Peru

FROM A GREAT HEIGHT
The altitude difference is extreme from North America to Peru. It gets as high as 14,000 feet in Cuzco, but drops to 8,000 in Machu Picchu and the surrounding area. Consult a doctor about altitude medication, or when you arrive in Peru, drink lots of water, eat lightly, avoid alcohol and don't exercise for at least the first 24 hours. Many hotels offer oxygen for those suffering from altitude sickness.

ISTOCK

According to our tour guide, the number one thing North Americans want to see in Peru is "what's next." While his joke speaks to the trouble some of us have in shaking off our strict agenda-focused mindset, Peru is one place where it is better to have an extremely detailed plan. **KATHY BUCKWORTH/FOR METRO**

My Type-A personality was pleased to have a day-by-day itinerary provided by our tour group taking us to Machu Picchu, particularly as we got caught in a farmer's strike.

While this necessitated last-minute changes on a daily basis, it would have been far more difficult to navigate without a blueprint.

Machu Picchu is one of the Seven Wonders of the World and 3,000 people pass through it daily, but getting there is not easy. The most direct route is to fly from Lima to Cuzco, then take a bus to the small village of Ollantaytambo in the Sacred Valley to connect to the train to Machu Picchu.

The train is the only way in, and needs to be booked months in advance. The 90-minute journey is beautiful, travelling through the base of the Andes Mountains, with the Urubamba River running alongside. The village of Machu Picchu itself is a strange combination of shanty-type buildings, outdoor markets, pubs, upscale hotels and gourmet restaurants, with an occasional alpaca wandering by. Next, a 20-minute bus ride, up 1,000 vertical feet via a harrowing zigzag road. One of the only other ways in is the Inca Trail, which takes four days to hike. We, like many others, just walked up a mile to the Sun Gate, which provides a breathtaking view of the site.

If you're thinking about checking Peru off your travel list, you should know that the locals really do eat guinea pig, and as it is a delicacy, it is culturally polite to eat it, if offered.

What's next for me? Trying to recreate the national drink, the Pisco Sour, at home.

Kathy Buckworth's trip was sponsored by Vantage Adventures, which did not approve or review this story.

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4 AWESOME NEW ORLEANS EXPERIENCES (THAT ARE SHELLFISH-ALLERGY FRIENDLY)

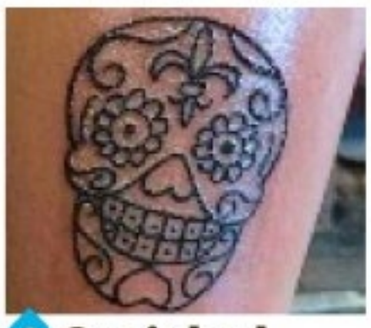
I've avoided New Orleans, figuring my shellfish allergy would spoil the food fun. But there's more to eat here than shrimp po boys and lots of things you can do to make your New Orleans experience your own. **JENNIFER BAIN/TORSTAR NEWS SERVICE**

1 Chow down on fried chicken

New Orleans Jazz Tours' Cheryl Teamer wanted to take me where the locals eat, so we headed to the Tremé neighbourhood to Dooky Chase's Restaurant for lunch. I feasted on made-to-order and achingly beautiful fried chicken. This art-filled spot, helmed by 93-year-old "Queen of Creole Cuisine" chef Leah Chase, has been around since 1941. **Details: dookychaserestaurant.com, jazztoursneworleans.com**

2 Connect with your dark side

The Museum of Death ("Where the Big Easy meets the Big Sleep") in the French Quarhas a grisly accident scene photo at the counter to prepare you for what's inside. There's the original Jack Kevorkian suicide machine, morgue and crime-scene photos, coffins, skulls, Manson Family photos and more. **Details: museumof-death.net**



3 Get inked near the French Quarter

Fleurs-de-lis have become a New Orleans symbol for post-Hurricane Katrina resilience. It seemed fitting to get them incorporated into the matching sugar skull tattoos my daughter suggested. We got inked as walk-ins at Downtown Tattoo on Frenchman St. in the Faubourg Marigny neighbourhood, just steps from the French Quarter. **Details: downtowntattoosnola.com**

4 Chill-out with Chewbacca

A grizzled Chewbacca greets you at Cochon Butcher (or just Butcher) and it's amazing how oddly hipster the Star Wars character looks in this butcher shop/sandwich counter/wine bar. Butcher is part of the Link Restaurant Group (helmed by executive chef/CEO Donald Link) and next to the fancier Cochon in the Warehouse/Arts District near the convention centre. Swoon over Buckboard Bacon Melt with collards, the Cochon Muffaletta and Le Pig Mac. Get your veggies with marinated Brussels sprouts and coleslaw. **Details: cochonbutcher.com**

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metro SPORTS

Tyronn Lue said he has discussed a position on the Cleveland Cavaliers coaching staff with recently retired power forward Kevin Garnett

The Cup is Canada's

WORLD CUP OF HOCKEY

Marchand and Bergeron score as part of fierce comeback

Team Canada celebrates Brad Marchand's goal — which stood as the tournament-clinching marker — against Team Europe on Thursday night in Toronto. FRANK GUNN/THE CANADIAN PRESS

Brad Marchand capped a wild comeback with a late short-handed goal, and Canada claimed a second straight World Cup title with a 2-1 victory over Team Europe on Thursday.

Marchand beat Jaroslav Halak with 43 seconds left in regulation, sending the Canadians to a sweep over Europe in the best-of-three final. Marchand's goal came just over two minutes after Boston Bruins teammate Patrice Bergeron tied the game 1-1 on Canada's fifth power play of the game.

It was the 16th straight best-on-best victory for the Canadians, propped up by a stellar 32-save effort from Carey Price.

Zdeno Chara managed the lone goal for Europe, which led from the early minutes of the first period until Bergeron finally evened up the score at 1-1 with less than three minutes to go in the final period.

Out of sorts for much of their Game 1 win over Europe, Canada came sluggish again on Thursday night.

They didn't get their first shot on Halak until almost six minutes had passed. Twenty-seven seconds after that, the Europeans took the 1-0 lead when Chara dipped in from the point and beat Price.

It was just the third deficit Canada faced all tournament, and the longest lasting by far. The Canadians trailed for 89 seconds against the U.S. and 72 seconds against Russia.

Canada looked much in the final series opener, imprecise at times and unable to impose its will on Europe. Canadian defenders mismanaged pucks at the blue line twice on a first-period power play, leading to dangerous short-handed rushes for the Europeans, both of which were stopped by Price.

FINAL Game 2

2	1
CANADA	EUROPE

Searching for offence, Babcock shuffled his lines in the third period, but the trio of Sidney Crosby alongside Marchand and Bergeron continued to make things happen.

It took until less than three minutes remaining in the third for Canada to get on the board. After Anze Kopitar was called for holding Corey Perry, the Canadian power play finally came to life.

Brent Burns sent a shot from the right point that Bergeron managed to get a stick on, beating a previously perfect Halak.

Crosby, the tournament MVP, added his World Cup-leading 10th point with an assist on the play.

Canada was back on its heels just over a minute later with Doughty whistled for high-sticking. After Roman Josi rung a shot off the post, an open Marian Hossa was stopped by Price.

It was 20 seconds or so later that Toews entered the offensive zone, sucked in a slew of European defenders before dropping to Marchand, whose shot beat Halak for the game-winner.

It was his tournament-leading fifth goal of the tournament.

Canada remains unbeaten in the best-on-best format since the preliminary round of the 2010 Olympics. THE CANADIAN PRESS

Sidney Crosby was named the tournament's most valuable player. GETTY IMAGES

MLB

Jays slip into tie atop wild-card standings

Thursday night's game may have been the last one Jose Bautista played in a Toronto Blue Jays uniform at Rogers Centre.

After going 0-for-4 with three strikeouts in a 4-0 loss to the Baltimore Orioles, the pending free agent said he had more pressing things on his mind, however.

"I'm not trying to think about that," Bautista said following the loss, which allowed Baltimore to pull even with Toronto (87-22) atop the American League wild-card standings with three games to play for both teams.

"I'm focused on winning games and just making the playoffs."

Ubaldo Jimenez (8-12), who had struggled against the Blue Jays this season, dazzled through 6-2/3 innings, allowing just one hit — to the first batter he faced — while walking three and striking out five for Baltimore (87-72).

The Jays added two more hits off of reliever Brad Brach.

Toronto closes out the regular season with a three-game road series in Boston starting Friday. The Orioles play the Yankees in New York.

Jose Bautista was 0-for-4 with three strikeouts on Thursday in Toronto. MARK BLINCH/THE CANADIAN PRESS

Detroit, which is 1-1/2 games back of Toronto and Baltimore, had its home game against Cleveland postponed due to rain earlier Thursday. The Tigers take on Atlanta this weekend before playing the make-up game against Cleveland on Monday. THE CANADIAN PRESS

IN BRIEF

Rooney's presence on pitch pays off immediately

Wayne Rooney finally made a difference for Manchester United this season, setting up Zlatan Ibrahimovic's goal two minutes after being summoned off the bench to help them beat Ukraine's Zorya Luhansk 1-0 in the Europa League on Thursday.

Inter Milan fell 3-1 at Sparta Prague, while Russian side Krasnodar defeated Nice 5-2. THE ASSOCIATED PRESS

Wilson says he's good to go

There is zero doubt in Russell Wilson's mind that he'll be able to play Sunday against the New York Jets.

Wilson participated fully in practice with the Seattle Seahawks for a second straight day Thursday after suffering a sprained MCL in last Sunday's 37-18 win over the San Francisco 49ers.

"It's been feeling great, feeling strong, so I'll be ready to go," Wilson said. THE ASSOCIATED PRESS

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RECIPE Tuscan Chicken Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could add a salad on the side of this irresistible dinner or embrace its all-in-one-ness.

Ready in 45 minutes
Prep time: 30 minutes
Cook time: 15
Serves 4

Ingredients
- 2 Tbsp olive oil
- 1 lb chicken breasts, cut into bite-sized pieces
- 1/4 tsp oregano
- 1/4 tsp thyme
- 1 1/2 cups mushrooms, sliced
- 1 onion, diced
- 3 cloves garlic, minced
- 1/4 cup sun dried tomatoes
- 14 oz can cannellini beans, drained
- 19 oz can tomatoes
- 1/4 tsp chili powder
- 1 tsp sugar

Directions
1. Pour oil into a large skillet and warm to medium heat. Brown chicken. You may have to work in batches. Remove from pan and set aside. Drain all but about 1 or 2 Tbsp of fat.
2. Add mushrooms, oregano and thyme and allow mushrooms to become soft and brown. Remove from pan and set aside.
3. Add onion and garlic and cook 3 minutes until they're soft and fragrant. Add sugar, sun-dried tomatoes, canned tomatoes and beans. Simmer 5 minutes, breaking up tomatoes with spoon.
4. Gently tip in the chicken and mushrooms and simmer for another 10 minutes, until the meat is cooked through.

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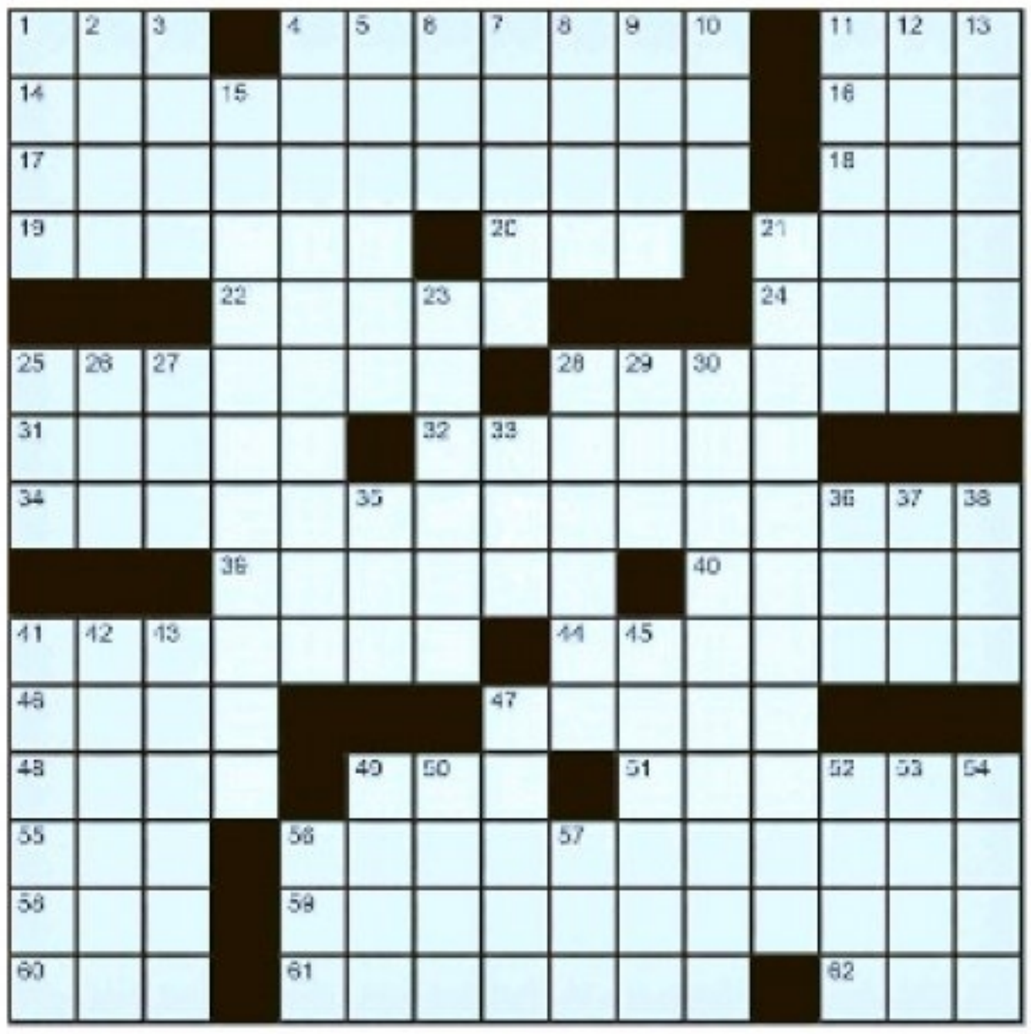
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Texter's "That reminds me..."
4. Notion
11. Nfld.'s water
14. Knee-of-a-pair-of-psychedelic jeans embellishment: 2 wds.
16. "Rob _" (1995)
17. Learn to play guitar: 2 wds.
18. Tiny type
19. Cannes 'century'
20. Antacid brand
21. NY Mets ballpark, _ Field
22. Showbiz performer Martha's
24. Hic, _, hoc
25. Flew the plane
28. Exercise system
31. Familiar reply to "Who's there?": 2 wds.
32. Ashes/lava ejecting volcano
34. Bit of Rush's "In the Mood": "Hey baby, it's _ _ _ _."
39. Hammering human
40. Legendary actor Peter
41. Bodybuilder's bulgees
44. Country in Africa
46. Formerly
47. "Get _ _!"
48. Back
49. Gibraltar, e.g.
51. Teeter-totter
55. Slammer's sound!
56. Duds displayer: 2 wds.
58. AOL, e.g.
59. Canadian daily newspaper since 1892: 2 wds.
60. Agnus _ (Mass prayer)
61. Used a crate for a better view: 2 wds.
62. Slowly slurp

DOWN
1. Pieces
2. Mr. Byers of "Empire"
3. Stirred
4. Arnold Schwarzenegger's "_ Damage" (2002)
5. How to put in contact lenses, _ _ at a time
6. Initials-sharers of Rush's drummer (More at #13-Down!)
7. Instances
8. Shirt collar type
9. Computer complaint, "My _ _ _ longer works."
10. Ordinal suffixes
11. Nunavut hamlet on Hudson Bay
12. Precisely: 3 wds.
13. #6-Down wrote the what for #15-Down?
15. "The _" - 'A Short Story by Rush' that goes... "As grey traces of dawn tinge the eastern sky, the three travelers, men of Willow Dale, emerge from the forest shadow."
21. Ancient drivers
23. Henry Ford's son's cars
25. Ms. Zadora
26. "What's the alphabet's 17th letter?" A. "I believe they call _ '_'."
27. Baton Rouge sch.
28. Seabird sort
29. _ Jima
30. New park in the Willowdale neighbourhood of Toronto named in honour of the two members of Rush who grew up there, _ _ Art Park
33. Grand-_, Nova Scotia
35. Bond
36. Dog's warning...
37. Charlemagne's li'l domain
38. Tetley drink
41. Ghoulish
42. Anxiety
43. Shrimp serving
45. _ _ the occasion
47. 1977: _-Detoo
49. Schedule opening
50. Lawn mower maker
52. U.S. pre-coll. exams
53. Amazon berry
54. Venus Flytrap's station
56. Belonging to Hartford's li'l state
57. Wee glove insertee

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to enjoy the company of others. Dealings with friends, partners and members of the general public will be enjoyable.

Taurus April 21 - May 21
Work-related travel is likely today. Try to do whatever you do can to improve your job prospects because you have such a positive attitude.

Gemini May 22 - June 21
It's Friday and it's a fun day! Make plans to meet friends for lunch or after work. Enjoy sports events, social occasions and playful activities with children.

Cancer June 22 - July 23
Discussions with a parent or a family member will be positive today because domestic peace and happiness are important to you right now. This is a good day for real estate discussions.

Leo July 24 - Aug. 23
Believe in the power of positive thinking because it cannot be underestimated. Notice how your optimism attracts others to you today.

Virgo Aug. 24 - Sept. 23
This is an excellent day for business and commerce. Look for ways to make a profit, because they exist, especially with foreign interests.

Libra Sept. 24 - Oct. 23
Today the Moon is lined up with Jupiter in your sign, which is why you feel so positive. You also feel generous to others because you are confident. You know, deep down, that you get what you give.

Scorpio Oct. 24 - Nov. 22
Today you might be concerned with the deeper aspects of life, especially in terms of spiritual insights. It's easier to think with your heart rather than your mind.

Sagittarius Nov. 23 - Dec. 21
Today you will enjoy the company of others, especially in groups. It's a perfect time to share your hopes and dreams for the future with someone.

Capricorn Dec. 22 - Jan. 20
Bosses, parents and people in authority are impressed with you today. In turn, you will be pleased to get their endorsement!

Aquarius Jan. 21 - Feb. 19
This is the perfect day to make future travel plans because you are not afraid to think big. Likewise, future plans about higher education, training, publishing and the media are exciting.

Pisces
Feb. 20 - March 20
This is a good day to discuss inheritances and shared property because you will come out smelling like a rose. Things will tend to go your way, which is a good thing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9				7		
		4				6		
			5	2	6			

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